



Lower Your Chances of Eating Food with Unsafe Chemicals in Them

Many things around us are not safe. If you eat unsafe food, it can cause serious problems for you or your baby.

Here are some things you can do to protect yourself and your baby. This is very important when you are pregnant.

Eat many different kinds of food:

- When you eat many kinds of food, you lower the chance of eating something unsafe

Be careful of mushrooms:

- Never eat mushrooms you pick yourself. They could be deadly.
- To be safe, eat only mushrooms you buy in a store or restaurant

When you are pregnant:

- Eat fish no more than once a week or so
- Do not eat shark or swordfish
- Do not eat raw shellfish or fish

It is safer to eat fish when you:

- Eat smaller fish. The bigger the fish, the older they are. Big fish are more likely to have chemicals in them that could cause serious health problems for you or your baby.
- Trim the skin and fat from fish
- Eat only the fillet. Do not eat the organs or guts of fish or shell fish.
- Bake, broil, steam, or grill fish on a rack. Throw away the juices from the fat.
- Cook fish or shellfish at least four to six minutes

Pay attention to the fish safety rules:

- Call your local health department to see if there are fishing areas you should stay away from. Pay attention to signs that say "do not fish."
- Find out and follow all the fish health advisories given by the Office of Environmental Health Hazard Assessment (OEHHHA)
- If you gather shellfish, be sure to follow all the rules. You may see signs that say NOT to gather mussels, clams, oysters, and scallops. Pay attention to these signs. These shellfish may have toxins that may be harmful or even kill you. Cooking will not destroy these toxins.
- Do not gather mussels from May 1 through October 30 in California
- Call 1-916-324-7572 or check out OEHHHA's website at www.oehha.ca.gov. Select "Fish," then press the arrow key to "Advisories."
- Call toll-free at 1-800-553-4133 for more information about shellfish.

